



May 13- Skinny Cherry Banana Smoothie

Smart Snack

Link: <http://insidebrucewlife.com/2014/01/skinny-cherry-banana-smoothie/>

Recipe

Ingredients:

- ½ cup frozen sweet cherries
- 1 frozen banana
- ½ cup plain Greek yogurt
- 1 cup skim milk
- 1 scoop vanilla protein powder

Directions:

1. Place everything in a blender and pulse until completely blended.
2. Pour into 2 glasses and enjoy.

Yield 2 servings

Nutrition Facts

Serving Size 1.5 cups (286.84g)
Servings Per Container 2

Amount Per Serving

Calories 200 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 135mg **6%**

Total Carbohydrate 32g **11%**

Dietary Fiber 2g **9%**

Sugars 24g

Protein 16g **31%**

Vitamin A 20% • Vitamin C 20%

Calcium 30% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.